CORBETT'S LESSONS IN BUILDING UP MUSCLE. PICH

HOW I MADE MYSELF OVER

INTO A NEW MAN!

BY JAMES J. CORBETT.

Fresh Air and Cold Water Will Build Up a Man Better than Any Medicine.

the 1806, by the Press Publishing Cham

Proch Air a Muscle Builder. AM comething of a crank on the subject of fresh atr.

I believe fresh air and plenty of pure, cold water will build a man up tter than all the medicines on earth. Except for the two hours every other day spent in my well-ventilated gymastum, and the time I spent at meals,

Rise at S.

Breakfast at 8.30. Take the road at 9.30. Sprint one furlong Walk one mile. Jog one quarter-mile. And so on for twelve miles. Bath and rubdown.

Rest on plazza until 2 Lunch. Lenf about (out of doors)

till 4. Dine at 8.

Retire at 10.

By taking one morning for gymnastic By taking one morning for gymnastic work and the next for outdoor exercise.

I varied the monotony of training which tells so heavily on a man of nervous temperament, besides avoiding all strain

to any one pursuit.

Another strong factor in my success
was the fact that, outside of work hours, I lived my usual home life. The average publish on going into training. leaves nome and home comforts, and taks up quarters with a crowd of men

who may or may not be congenial to him. He has no home life; he is separated from friends and kin ired.

With me it was different.
I rented a pleasant cottage in the residence part of Lakewood, furnished it to suit my own tastes, and lived there with my wife and our own servants throughout my training course. I had friends run down to visit us, and in every way kept up the pleasant home life that my domestic tastes render so delightful to me.
I consider this a prominent item in the success of my training.

George Gordon's Collarbone Was

Broken, but He Escaped die Wheels.

George Gordon, ten years old, a pupil and Twenty-fifth street between Second at Tablets I can est anything and everyand Third avenues, had a narrow es- thing I want.

The lad was running from the main school to the annex across the way when he was struck and knocked down by car 36, of the Third avenue Crosstown line. The front part of the car passed over him.

Policeman John O'Brien had seen his danger, and, running in front of the car, stopped it. Then he pulled young Gordon out from under the bumpers. The wheels had not touched the boy, but his collarbone was broken and his less palestily bruised.

I think Stuart's Dyspepsia Tablets are the best thing for dyspepsia I ever took. I will recommend them to any one troubled as bad as i was.

Stuart's Dyspepsia Tablets will not disappoint because they cure dyspepsia surely and lastingly by causing the food to be properly assimilated, and cure constipation by producing the proper quantity of bits, and sold by all drugslets at 60 sts. per land to the control of the control of the control of the car.



JAMES J. CORBETT.

Except for the two hours every other day spent in my well-ventilated gymnastum, and the time I spent at meals. I was in the open air from \$ A. M. until 19 P. M. every day for the last four months of my training. I slept always in a room whose windows were wide open.

All this was of insettimable benefit to my nerves, making them like iron, and hence toned up my entire system.

On "off" mornings I would leave my cottage at about \$30 and would start of with my collis. Saddie, at my heels for a tramp.

The roads about Lakewood are pretty good, and the land less level, permitting cross-country running.

I chose a different route every day.
I would begin the morning exercise by walking a mile at an ordinary gait at first, then hitting up the pace to abrisk stripe.

At the end of a mile I would sprint at top speed for a furiong, then slow down to a second mile of quick walking, followed by another 200-yard sprint.

Then I would follow the next mile of walking by a quarter-mile log trot, covering the quarter in about \$5 or 60 seconds.

I would keep up these pedestrian feats for about six miles and would then turn back, returning home in the same fashion, covering twelve miles in all.

Of course, I did not take such long walks at first, but started with four mback, returning home in the same fashion, covering twelve miles in all.

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as follows:

ROUTINE FOF OFF DAYS.

First and foremost, to regular, model living.

Second, to fresh air (the athlete's best assistant).

Third, To absence of worry.

Fourth, to my moderate, easy, long

Any run-down, exhausted, or over-worked man can rejuvenate himself and restore his entire system as easily as I did. From a hygienic point of view it pays better than any other investment

it pays better than any other investment on earth.

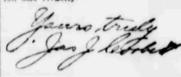
Now I have talked enough about myself, and I am going to venture upon the role of physical instructor.

Will you take lessons from me through the Evening World?

If so I will devote an article to-morrow to telling men who lead a sedentary or dissipated life how to make over their systems as good as new and how to become athletes without in the very least neglecting their business or profession.

fession.

The next day I will teil women how to build up constitutions shattered by the hard work of a New York society season or by overwork in factory, store or office. I will also teach them now to improve the figure, to strengthen flaccid muscles and to renew health, complexion and vivacity.



To-morrow Corbett will give

THE SIMPLEST CURE FOR

Tou get nourishment and rest at the same still to me.

Tou get nourishment and rest at the same time because these Tablets will thoroughly is of my training.

Tou get nourishment and rest at the same time because these Tablets will thoroughly digest all wholesome food taken into the stomach whether the stomach works or not.

Tinner man was sound as a bell. A cure is certain to result because the discertive organs are given a chance to rest. and recover their natural vigor and tone. BOY UNDER TROLLEY CAR. The Tablets are then no longer required.

To show the manner in which the remedy acts on different people and how quickly and effectually it cures stomach troubles

we present a few recent cases. Mr. J. O. Wendly, of Peoris, Ill., writes: I was unable to est anything but the plainest food, and even that often distressed me in the Grammar School in One Hundred but since using one box of Stuart's Dyspep-

cape from death under the wheels of a Mrs. Samuel Kepple, of Girty, Pa., writes: trolley car at 5 o'clock this morning. I have been entirely relieved of my stomach troubles by your Tableta. I suffered three

Running and Walking About 12 Miles Part of the Programme for Health-

lesson in hygione and athletics men, and will show how a worn-out, half-sick clerk, clubman or laborer may perform the same miraele of rejuvenation as he him-self accomplished.

ful Exercise.

Two Brooklyn Daughters vain for the conductor to stop.

Afterward at the Post-Office, looking sentiments at the dinner tendered him sentiments at the dinner tendered him Irksome.

They are Gertrude Van Detuse, sixeen years old, daughter of J. J. A. Van Deinse, the well-known druggist, whose fine brownstone home is at all Vander bilt avenue, and her cousin, Neille Molds, of the same age, the daughter of a business man who has a superb home two days ago and have been seen twice since. Both times they have estaged capture by jumping on trolley cars.

They were both absent from school on Monday and Tuesday. On the latter day Mr. Van Deinse received a note from the principal of the school notifying him that his daughter was not at the school.

She did not return home and he became alarmed. Then he learned that the girl had spent the day in Prospect Park with her cousin Neille, and he is not return to make the bar of the girls had spent the day in Prospect Park with her cousin Neille, and he is not necessing the bridge entrance.

The conductor said the girls had got ten off at Nassau street.

Returning to Washington street the mother was told by a young man that the girls had boarded another car for Manhattan.

Mrs. Molds found that the girls had got though he may be, will not be a good citizen from the course is ineffective.

"And an honest man without course is ineffective.

"And an honest man our course of a ge. An honest man without course is ineffective.

"And an honest man without course is in the course is ineffective.

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"And an honest man wit bilt avenue, and her cousin, Nellie Molds. trance.

missing. Then search was begun. the case. The mothers were walking down Flatbush avenue toward Pulton street when they saw the runaways in front of them. THREE NEEDS OF A MAN. ed and saw her mother. The girls quick- Roosevelt Says That Honesty Music ly boarded a Flatbush avenue car. The frantic mothers raced after the car,

true and Neille in a De Kalb avenue Club at the Boulevard Cafe, tolley car bound for the bridge, olley car bound for the bridge, talking to the men who went to the "Gertrude! Gertrude!" she shouted as front in 1961 he turned to a police serthe dashed toward the car.

The daughters of two wealthy and fashiopable Brooklyn families have run away from home to became typewriters. Is on that car, won't somebody please "We, too, were called to a duty in

siderable headway, but it was not over- good citizen must be honest above a

thought she had gone to the home of the Mohls.

Mrs. Molds called at the Vanderbilt avenue drug store tate on Tuesday night and reported that her daughter was missing. Then search was begun.

The Molds family would not discuss the case.

Be Backed with Courage and Common Seuse.

1898 as others were in 1861. It was only A crowd raced with the excited wo- a bit of police duty, however, Sergeant. man after the car. It had gained con but we did it and we did it well. A taken until it reached the bridge en- else, but an bonest man is not necessarily a good citizen. Somethis

Matron Given Full Charge of Trenton "Horror School."

The newly appointed Board of Trusmorning, and Matron Myrtle Evier has

in the institution to shudder. When Trustee Bristol, the Chairman the practises exposed during the recent

not accept the good advice given them. but, on the contrary, will become veritable maniace in their rage, even tearing best cloth, the best of their clothes. Putting such sirls in printing, at............ 25c. yass

orits on bread and water, but they will "I believe Mrs. Eyler will not be up-

Four Special Numbers in Dress Goods Dept.

for Friday and Saturday. 100 pieces all-wool Homespuns, 54 inches wide, in Oxford Grays, Brown and Black, usually sold for \$1.25; sale 59c. vard

100 pieces all-wool Epengiline all shades and black, 48 inches morning, and Matron Myrie Eyer has wide, value \$1.25;
This news caused some of the stris sale price.......................... 89c. yard

3,000 yards Scotch Madras and of the Board, was asked to-day whether Percales, 32 inches wide, fast colors, usually sold at

100 pieces French Tissue, the

Broadway. Eighth and Ninth Sts.

Siegel-Cooper Company.

The Daily Story of The Big Store.

SPECIAL FOR BARGAIN FRIDAY. MAY 18.

Undermuslins.

WOMEN'S CORSET COVERS, of muslin, finished seams, high or square neck, at, 7c

WOMEN'S FINE CAMBRIC DRAWERS. with hemstitched full ruffle of lawn, and 23c yoke band; regular 35c. value, at WOMEN'S MUSLIN GOWNS of the best quality, with dainty tucked cambric yoke and bemetitched finish; excellent 89c. value, 69c

WOMEN'S GRASS LINEN SKIRTS, in several styles, wide or narrow corded 69c ruffles on umbrella flounce, at

> SPECIAL FOR BARGAIN FRIDAY, MAY 18.

Wrappers and Sacques. WOMEN'S FINE LAWN DRESSING SACQUES, loose back and front, wide rolling callar and ruffle finish, in pretty, light, 39c WOMEN'S PERCALE WRAPPERS, in light colors and light weights, worth up to \$2.25 apiece, to be closed 98c. and 1.45

FOR BARGAIN FRIDAY.

MAY 18. Sarden Soods.

LAWN MOWERS, fully guaranteed; 2.25 the 12-inch size to-morrow at, each, 16-inch size, each, 2.50 WATER POTS, of heavy japanned 200

MALLEABLE IRON RAKES, with 20c long handles, at SPADING FORKS, with D-shaped 65c BERRY OR FIELD HOES, with long 15c COMBINATION HOE AND RAKE, 15c

GARDEN HOSE, 3-ply rubber, good 2.85 quality, per 50 feet, GARDEN HOSE REELS, made of 50c hardwood, holding 100 feet of hose, at

> SPECIAL FOR BARGAIN FRIDAY. MAY 12.

Groceries.

POULTRY -- Choice Pennsylvania fowls MEAT-Roasts of beef, shoulder cuts, per

FISH-Fatcy Boston codfish steaks, per Chrice Long Branch sea base or porgies, per

Live soft-shell crabs, per doz., VEGETABLES-Pancy Jersey asparagus, per large bunch, FRUIT-Choice Florida pineapples, each, 7c

COCOA-Van Houten's Imported Dutch Cocoa, per can, Armour's Washing Powder, per pound pkg., PRUNES: Large, meaty Santa Clara

Prunes, 2 lbs., IMPORTED PEAS: "Petit Pois" Moyens, per can, COFFEE: Moche and Java, rich, full TOMATOES: "Highland" solid red ripe

CORN: N.Y. State Cream Sugar Corn, per TEA: New Crop choice pickings, Green, Black or Mixed Teas, 5 lbs., \$1.75, per lb., 38c POTTED MEATS: Pairbank's potted or

DELICATESSEN: Cerned Beef er Boiled Ham, sugar cured, mild and tender, per ib., ENGLISH PLUM PUDDING: Ready for use, per can, OATS: 2-Ib. pkge.

CHEESE: Swiss Chesee, per lb., CRACKERS: Uneeda Biacuit, 2 pkges., DESSERT -- Cans Sliced Peaches er FOR BARGAIN FRIDAY, MAY IS

Straw Hats.

LADIES', MISSES' and CHILDREN'S STRAW HATS, the entire stock of one of America's most famous straw hat manufacturers; every hat made for this season's selling, and embracing every new shape for summer wear in the following popular braids: Serpentine, Crinkled Chips, Jumbo Chips, Cuba, Florence and Tuscan braids, in all the new colors as well as black and white; to be closed out at these remarkably low prices:

At 10c, each, hats worth up to 75c. At 19c. each, hats worth up to \$1.00. At 25c. each, bats worth up to \$1.50.

SPECIAL FOR BARGAIN FRIDAY. MAY 18.

Upholstory. BAMBOO VERANDA SCREENS:

8 x 8 ft., each, 8 x 10 ft., esch. 10 x 8 ft., each.

(These screens will be cut down to exa required at an additional charge of 15c. each. 5-PIECE SLIP COVERS, of the finest imported twilled damark, with shrunk bind- 6.90 ing; fit and workmanship guaranteed; ROPE PORTIERES, the correct 2.50 summer drapery, worth \$3.50, at 200 ODD CURTAIN POLES, 3 to 4% 5c feet loag, all styles, at, per foot, VERANDA, HAMMOCK AND YACHT PILLOWS, at 59c. and HOLLAND WINDOW SHADES, with wide

side hems, on guaranteed rollers, for ordinary size windows, measured, made and hung at, 49c GOOD AWNINGS at very low prices.

FURNITURE RE-UPHOLSTERED AND CURTAINS CLEANED at lowest cost possi-ble. No charge for fireproofing and storing.

> SPECIAL FOR BARGAIN FRIDAY. MAY 18.

Dinner Sots.

DINNER SET, 100 pieces, richly decorated, regular price, \$12.00; special to-morrow 6.90

DINNER SET, English porcelain, richly decorated, 163 pieces, regular price \$15.00; 7.50 special at DINNER SET, nicely decorated, in floral designs in natural colors, gold traced, reg. 8.90 ular price \$17.00; special at

> SPECIAL FOR BARGAIN FRIDAY.

MAY 18.

Toilet Sets. TOILET SET, 10 pieces, handeemely decorated and gold traced, regular price \$5.00, spc- 2.50 cial at

TOILET SET, 12 pinces, with slep jar, 1 11 decorated in large floral designs, gold stip- 4.95 pled, regular price \$9, special at TOILET SET, 12 pieces, with slop jar, richly decorated, regular price \$6.00, special 2.95

SLOP JAR, WITH COVER, ME 1.00 size, regular price \$2, special at

BOYS' DOUBLE-BREASTED SUITS, made of strong, serviceable materials, in pretty, pleasing shales and patterns, with double seats an knoce and otherwise strongly stayed, ages 7 to 15; regularly worth \$2.50; here to 1, 39 morrow at

SPECIAL

FOR BARGAIN FRIDAY.

MAY 18.

THURSDAY, MAY 17, 1900.

Our Seashore Delivery is in operation again for the season of 1900. Daily deliveries to all the prominent resorts from Atlantic Highlands to Ocean Grove.

> SPECIAL FOR BARGAIN FRIDAY,

Clearance Sale of Dress Soods Remnants

At Half Price and Less. All the short lengths that have accumulated during the season will be placed on sale to-morrow. The collection contains Serges, Cheviots, Homespuns, Henriettas, Voiles, Batistes, Crepe de Chine, Plaids, Albatross, Nun's Veiling, Challies, Golf Suitings, etc., etc., in all the new and fashionable colors as well as black,

At from 10c. a yard upward.

SPECIAL FOR BARGAIN FRIDAY, MAY 18.

Flowers.

FINE FRENCH FLOWERS, an importer's entire stock, purchased at a very low price and consisting of all kinds of foliage, roses, chrysanthemums, in fact almost every flower known to nature, will be sold Friday,

At 5c. a bunch, Flowers worth up to 50c. At 121/c. a bunch, Flowers worth up to 75c. At 19c. a bunch, Flowers worth up to \$1.25.

SPECIAL FOR BARGAIN FRIDAY, MAY 18.

Men's Shirts.

825 Dozen MEN'S MADRAS NEGLIGEE SHIRTS, made with neckband to wear with white collars, cut full size and well made throughout, with felled seams, gathered yoke and pearl buttons, dozens of choice patterns to choose from, in all sizes, at just half their actual value, each,

> SPECIAL FOR BARGAIN FRIDAY.

Refrigerators.

MODEL REFRIGERATORS. No. 430, 24x15x39 inches, at No. 458, Apartment House, at No. 491, Ice Chests, at (These refrigerators are all charcoal-filled and made of hardwood in a good, workmanlike manner.)
GALVANIZED REFRIGERATOR PANS, of

heavy stock, at FIBRE WATER COOLER, will hold 14 quarts, 120 made with heavy nickel-plated faucet, at

SPECIAL

FOR BARGAIN FRIDAY,

MAY 18.

Oil and Sas Stoves.

OUR MODEL BLUE FLAME OIL COOKING STOVE, perfect in construction, easy to handle, and guaranteed against leakage; will burn a bright blue flame, without odor or smoke.

1-burner size, 3.00 2-burner size, 6.00 3-burner size, 8.00 GAS STOVES OR HOT PLATES, 2-burner size, GAS OR HOT PLATES, over 50 different styles, at low prices.
GAS STOVE OVENS, of almost every description, priced

far lower here than elsewhere. OUR BOSTON GAS COOKING STOVE, with extra large oven and 2 extra cooking boles on top, will boil, broll, roast and bake at the same time; made to sell at \$6.50; here to-morrow at

SPECIAL FOR BARGAIN FRIDAY, MAY 18.

Mon's Suits.

820 MEN'S STYLISH SUMMER SUITS. made of flue grade strictly woollen cassimeres, tweeds and Scotch mixtures, also neat stripe and check worsted materials of proper style, weight and make for summer use, properly tailored and richly lined, worth \$10 and \$12, on 6.95

> SPECIAL FOR BARGAIN FRIDAY, MAY 18.

Bike Trousers. 200 PAIRS OF MEN'S BIKE AND GOLF TROUSERS, left-over from last season, formerly sold at from \$2 to \$3 per pair; to be placed of the Bargain Table to-morrow for a quick clear

> SPECIAL FOR BARGAIN FRIDAY,

> > MAY 18.

Boys' Wash Suits. 181 BOYS' FINE WASHABLE SUITS. Sample lines of one of the most noted makers of fine washable suits for boys in New York city; colorings are woren, not printed, and are guaranwhile the styles are among the prettiest shown anywhere this season; some of the suits are slightly solled from their value or usefulness; regular prices \$2.00, \$2.50 and \$3.00; an unrestricted

FOR BARGAIN FRIDAY,

BOYS' WASHABLE TAM O' SHAN-TERS, made of fine white duck; the 15c

SPECIAL

FOR BARGAIN FRIDAY,

MAY 11.

Men's Belts. Men's Belts, complete stocks of new and original designs of the best materials and

workmanchip at the lowest of prices. MEN'S TAN BELTS, of genuine 19c MEN'S BELTS, over 20 different styles from which to make a selection, at, 50c.

> FOR BARGAIN FRIDAY. MAY 18.

11.60

Cleetric Fans. The Siegel-Cooper "FALCON," made to run from

116 to 118 volts, has 12-inch solid brass blade and protector, neatly Japanned base, complete with wires and plugs; regularly sold for 12.00 \$16.00; here to-morrow special at 12.00 These fans are thoroughly tested, and cost about as much to run as an ordinary incandescent lamp. SPRUCE ELECTRIC FANS A full line at low prices always on hand.

> SPECIAL FOR BARGAIN FRIDAY,

Wines and Liquors.

HENNESSEY IMPORTED 1.10 BRANDY, per bottle, OLD CROW, 1893, per bottle, CALIFORNIA CLARET, ZINFANDEL and BURGUNDY, per gallon, 75c 60c MT. VERNON RYE, per galion,

Sixth Ave., 18th and 19th Sta. SPECIAL FOR BARGAIN FRIDAY, MAY 18.

Men's Fancy Vests.

MEN'S STYLISH FANCY VESTS-A limited lot of nobby silk Matelasse and Tatassail Plaids, in silk mixtures, neat effects as well as more pronounced styles, the latest double-broasts cut, properly made; small lots left over from to-more \$2.50 and \$3.00 grades; a choice 1.50

FOR BARGAIN FRIDAY,

Underwear.

20 Cases of MEN'S EXTRA FINE BAL BRIGGAN SHIRTS AND DRAWERS, an odd lot recently purchased from one of the best known makers of mee's underwear at a low price; have pearl buttons, jean waistband, extension strap and double gueset on drawers; all sizes, 396 at, per garment,

FOR BARGAIN PRIDAY.

MAY 18. Screens and Notting. SLIDING WINDOW SCREENS, the adju

SCREEN DOORS, strengty built of well-concend lumber, solidly morticed, with grown pointed wire; a choice of five sizes to-morrow at, 75e each.

POULTRY NETTING of extra heavy galvanized wire, 2-in. mesh: 75 running feet, 12, 15, 24, 30, 36 inches with 50c. 85c. 1.10. 1.30. 1.70. 150 running feet, 12, 18, 24, 30, 36faches wid

95c. 1.45. 2.00. 2.60. 3.00.

TAR SHEETS, 14x48 inches, each

MANAHAN'S MOTH - PROOF BAGS, overcoat size, at SPECIAL FOR BARGAIN FRIDAY.

MAY 18.

So-Carts.

RECLINING AND STATIONARY GO-CARTS, with bodies of full size, best quality reed, strong gearing, rubber-tired wheels, patent brakes; some fitted with pretty parasols on strong, adjustable rods; 22 different styles from 6.25 which to make a selection; a choice for 6.25 RECLINING AND STATIONARY GO-CARTS, an assortment containing 28 different designs, all with good quality reed bedies, some with green enamel gearing, patent foot-brakes, rubber tired whoels on strong axies; some have detathable cushions of velour, corduroy, broadcloth, Bedford cord, &c.; fluished with handsome parasels mounted on strong a tjustable rods; a 11.00

> SPECIAL FOR BARGAIN FRIDAY. MAY 18.

Slassware.

HANDLES, regular price \$1.00 per doz.; 500 WATER TUMBLERS, handsomely engraved, fine thin glass, regular price 75c. per 436 doz.; special at doz.: special at SALAD OR BERRY SETS, 8-inch bowl and 12 nancers, regular price 60c.; special to- 250 PICKLE DISH, regular price 14c.; special 50

LEMONADE OR PUNCH CUPS WITE

IELLY MOULD, regular price 15c.; se Se cial to-morrow at WATER BOTTLE, regular price 35c.; 15c special at PUNCH BOWL WITH FOOT, 1.50

regular price \$3.00; special at TABLE SET: Sugar Bowl, Cream Pitches, Butter Dish and Specia Holder, regular patter 150. 35c. per ast; special at